

A Feeling of Security

You naturally feel secure when you know that the medicine you are about to take is absolutely pure and contains no harmful or habit producing drugs.

Such a medicine is Dr. Kilmer's Swamp-Root, kidney, liver and bladder remedy. The same standard of purity, strength and excellence is maintained in every bottle of Swamp-Root.

It is scientifically compounded from vegetable herbs.

It is not a stimulant and is taken in teaspoonful doses.

It is not recommended for everything.

It is nature's great helper in relieving and overcoming kidney, liver and bladder troubles.

A sworn statement of purity is with every bottle of Dr. Kilmer's Swamp-Root.

If you need a medicine, you should have the best. On sale at all drug stores in bottles of two sizes, medium and large. However, if you wish first to try this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Here's a Cheery Chap.
The man who has enemies amounts to something. He is a live man. He is a fighter. People don't kick a corpse. A live man can swim against the current; a corpse floats down without hindrance. God bless our enemies! We love them. They are making life worth while.—Boston Transcript.

Watch Cuticura Improve Your Skin.
On rising and retiring gently smear the face with Cuticura Ointment. Wash off Ointment in five minutes with Cuticura Soap and hot water. It is wonderful sometimes what Cuticura will do for poor complexions, dandruff, itching and red rough hands.—Adv.

Her Definition.
"Can you tell me what a smile is?" asked a gentleman of a little girl.
"Yes, sir; it's the whisper of a laugh."

WORSE THAN DEADLY POISON GAS

Kidney disease is no respecter of persons. It attacks young and old alike. In most cases the victim is warned of the approaching danger. Nature fights back. Headache, indigestion, insomnia, lame back, lumbago, sciatica, rheumatism, pain in the joints and lower abdomen, difficulty in urinating, all are indication of trouble brewing in your kidneys.

When such symptoms appear you will almost certainly find quick relief in GOLD MEDAL Haarem Oil Capsules.

This famous old remedy has stood the test for two hundred years in helping mankind to fight off disease.

It is imported direct from the home laboratories in Holland, where it has helped to develop the Dutch into one of the sturdiest and healthiest races in the world.

When such symptoms appear you will almost certainly find quick relief in GOLD MEDAL Haarem Oil Capsules.

The cloth woven by the ancient Egyptian was so durable that, though it has been used for thousands of years as wrappings of the mummies, the Arabs of today can wear it. It is all of linen, the ancient Egyptians considering wool unclean.

Nature's efforts to purify the system need help in Spring. Wright's Indian Vegetable Pills are Nature's first aid in eliminating impurities.—Adv.

Farmer's Good Work.
Some people find it impossible to do two things at the same time. The farmer often does four, and does them well—he walks, thinks, talks, and smiles all at once.

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Paxtine
ANTISEPTIC POWDER
FOR PERSONAL HYGIENE
Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years.
A healing powder for nasal catarrh, sore throat and sore eyes. Economical. Has extraordinary cleansing and germicidal power.
Sample Free. 50¢ all drug stores, or postpaid by mail. The Paxtine Toilet Company, Boston, Mass.

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A Shoe Boll, Capped
Hock or Bursitis
FOR
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will reduce them and leave no blemishes. Stops lameness promptly. Does not blister or remove the hair, and horse can be worked. \$2.50 a bottle delivered. Bots & Bros.

ABSORBINE, JR. For marking, the antiseptic disinfectant for Bells, Brakes, Soots, Swellings, Varicose Veins, Ailurs Pain and Inflammation. Price \$1.25 a bottle at drug stores or delivered. Will tell you more if you write.

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The KITCHEN CABINET

A good deal of the trouble of this world arises from the fact that some folks like to have gardens, while others prefer to keep hens.—Nixon Waterman.

THREE MEALS A DAY.

To plan meals three times a day for a family, trying to serve the food that is pleasing, keeping one's bills within the limit and providing a variety, and having the day's food well balanced, is the task of 20,000,000 cooks in this land of ours;



a task which takes real training and practice to be successful.

Cream Peach Cake.—Bake a layer cake and for the filling add a cupful of very ripe peaches put through a ricer to sweetened whipped cream that is flavored with almond.

Coffee Junket.—For a dessert which is wholesome and easy to prepare as well as dainty to serve, junket stands at the head. Take one junket tablet, crush and dissolve in a tablespoonful of water, then add to a quart of lukewarm milk. Reserve half a cupful of the milk and pour boiling hot over two tablespoonfuls of coffee, let stand until well infused, then strain and cool before adding to the milk. If the milk is heated too hot the junket will not thicken the milk. Serve with whipped cream on top of the glass.

Supper Dish.—Brown a slice of finely minced onion in a little butter, then add half a cupful of cooked rice and when seasoned stir in three eggs, sprinkle with a slice of minced boiled ham and serve hot with toast.

Lamb Cutlets.—Cook eight lamb chops on one side until well browned; turn and on the cooked side place a teaspoonful of seasoned cooked macaroni. Cover with buttered crumbs and let cook in the oven about eight minutes. Creamed peas served in a thick white sauce may be used instead of the macaroni, which will make a most tasty dish.

Ice Cream in Case.—Bake an angel cake in a round deep tin and when cold, cut out the center leaving a thick shell to hold vanilla ice cream and serve at once.

Cherry Ice Cream.—This is both good to look at and better to eat. Use

expensive fruit and cream and a pint of cream with a few drops of almond extract. Sweeten to taste and freeze as usual. Serve in sherbet cups and garnish with a cherry or a spoonful of minced cherries with some of the syrup.

A whipped cream filling with a half cupful of chopped preserved pineapple, makes a fine filling for a cake to serve at once.

A clear soup, a bit of fish, a couple of entrées and a nice little roast. That's my kind of a dinner.—Thackray.

WARM WEATHER FOODS.

Today with markets teeming with all kinds of fruit and vegetables and housewives efficient in canning greens from their gardens, one may expect to be as healthy in the spring as at any other time of the year, for our blood tonics are taken in the form of fruit and vegetables.

However, when the warm days of summer come, they bring a muscular relaxation which reacts upon the digestive tract as well as upon the whole body and it needs to have its task lightened, so we lessen the amount of food or serve the lighter forms of food. Foods rich in fat such as pastries, cakes and various sauces, should be partaken of in moderation.

Protein foods which furnish the heat should be cut down and more of the succulent fruits and vegetables form the main bulk of the food.

In the warm weather the housewife must plan more accurately not to have much leftover food, for spoilage will occur in a few hours in protein food, making it unfit to serve.

When very warm a cold drink in the form of a plain soda or phosphate is much less harmful than a soda or a sundae.

Ice creams and sundaes taken at the end of a meal will not chill the stomach unduly.

In planning food for hot days it is wise, because of the habit, to serve one hot dish, even a drink, as a too radical change in meals cannot always be borne.

If one's dinner is eaten at noon the supper should have at least one hot dish, simple but wholesome—a creamed meat on buttered toast, milk toast, macaroni and cheese, or bread and cheese custard made by spreading slices of bread with butter, putting them into a baking dish and covering with one egg to each cup of milk, the amount depending upon the number to be served. Over each slice of bread as it is placed, put a generous layer of rich finely diced cheese. Bake in a moderate oven until the custard is set.

A meal should be regarded as an important end in itself. It should be taken at leisure, body and mind being for the time being given up to it, and to agreeable, social intercourse.

THE DELICIOUS PEACH.

No more delicious dish for dessert can be served than one of sliced peaches with cream and sugar.



When peaches are plentiful one likes to vary the serving. A most appetizing pie may be made by baking a rich crust and when cold fill it with sliced peaches well sugared and covered with sweetened cream. To make it still more beautiful sprinkle with finely minced pistachio nuts or with shredded blanched almonds.

A bird's nest pudding is another form of dessert well liked. Slice a pie pan half full of peaches and cover with a baking powder biscuit dough. Bake and turn over on a plate, spread with butter and sprinkle sugar and a little nutmeg if liked over the peaches.

Peach Pudding.—Pour a cupful of hot milk over a cupful of dry bread crumbs and let stand five minutes; add a half cupful of sugar, the well-beaten yolks of three eggs and the stiffly beaten white of one. Mix well and bake in a moderate oven until firm. Heap thinly sliced peaches well sweetened over the top and cover with a meringue made of the two egg whites and three tablespoonfuls of sugar. Cover the pudding with the meringue and bake until a delicate brown. Cake crumbs make a more delicious pudding.

Rice With Peaches.—Cook one cupful of rice until tender, adding milk at the last of the cooking; season with butter and add sugar to sweeten, then pour into a hollow mold. When ready to serve unmold and fill the center with sweetened sliced peaches and serve with cream and sugar.

Japanese Rice and Peaches.—Put a layer of cold rice custard in a dish, a layer of sliced peaches, another layer of rice and a layer of peaches; set away to chill. Just before serving heap sweetened cream over the top. Use almond flavoring.

Peach Chutney.—Prepare three pounds of peaches and remove the pits; cut them into a saucepan with a pint of mild vinegar; cook until tender. Pound in a mortar four ounces of onion and two ounces of garlic, five ounces of fresh ginger root; add the peaches with six ounces of raisins, an ounce each of white mustard seed and chili peppers and six ounces of sugar, simmer ten minutes and add more vinegar if needed. Bottle for winter use.

This world is a pretty good sort of a world.
Taking it all together;
In spite of the grief and sorrow we meet,
In spite of the gloomy weather.
There are friends to love and hopes to cheer,
And plenty of compensation.
For every ache; for those who make
The best of the situation.

CAKES AND FROSTINGS.

A tender, fine grained, well-baked and goodly cake is a work of art.

Old Fashioned Pound Cake.—Cream one cupful of butter and add gradually one and two-thirds cupfuls of granulated sugar, beating constantly; then add five eggs, one at a time—beating vigorously between the addition of each. When the mixture is creamy fold in two cupfuls of pastry flour sifted once. Bake in a slow oven for one hour.

Six Months' Cake.—Mix one-half cup of butter and lard until creamy, then add one cup of sugar gradually, beating constantly, two eggs well beaten and one-half cupful of molasses. Mix and sift two and one-half cupfuls of flour, one teaspoonful of cream of tartar, one-half teaspoonful of soda, one teaspoonful of cinnamon, one-fourth teaspoonful of cloves, and the same of mace. Add alternately with one-half cup of milk to the first mixture and beat vigorously; then add one cupful of raisins seeded and cut in small pieces and dredged with two tablespoonfuls of flour. Turn into two bread pans and bake in a moderate oven forty-five minutes.

White Fruit Cake.—Cream two-thirds of a cup of butter until creamy and add gradually, beating constantly, seven-eighths of a cupful of pastry flour sifted with one-fourth of a teaspoonful of soda, then add one-half tablespoonful of lemon juice. Beat the whites of six eggs until stiff, using an egg whip, add gradually one and one-fourth cupfuls of powdered sugar. Combine mixtures and when well blended add two-thirds of a cupful of candied cherries and one-third of a cupful of blanched and shredded almonds, one-half cup of citron and one teaspoonful of almond extract. Turn into a cake pan and bake in a moderate oven one hour.

Nellie Maxwell

The Relation of Joy to Success

By REV. HOWARD W. POPE
Moody Bible Institute,
Chicago

TEXT—Restore unto me the joy of thy salvation; and uphold me with a willing spirit; then will I teach transgressors thy ways, and sinners shall be converted unto thee.—Ps. 51:12, 13.

If there is any conscious sin in a person's life it is impossible for him to do effective personal work.



Only those who are happy in their relation to the Lord can hope to win others to him.

It was not strange that David lost his power, or that sinners were no longer being converted under his ministry. There was sin in his life, and he knew it, and hence his

hearty confession and plea for mercy. Persuading people to repent is a work so delicate and difficult that it is useless to attempt it unless we are right with God ourselves.

At a time when there was some religious interest at Princeton college one of the students offered himself as a worker. He was assigned to see a certain man. When asked about the result of his visit, he replied: "Oh, I made no headway. It was a great mistake to send me there. When I asked him why he was not a Christian he looked at me and said, 'Are you a fair sample of Christianity?' 'Yes, I think I am about the average.' 'You are?' 'Yes.' 'Then I do not want to be a Christian.' That answer went straight to the man's heart. He knew what it meant. The unbeliever had seen him cheat in examinations; he had heard him say things that were not true; and he had lost all respect for him. It is not enough to be sound in doctrine; one must also be consistent in life. And, even when the outward life is exemplary, there may be a secret, unforgiving spirit, or unwillingness to do God's will, which hinders our usefulness.

A lady once said to me: "I am the daughter of a minister; I am a graduate of Wellesley college; I have taught Sunday school ever since I was fifteen years old, and yet to the best of my knowledge I have never led a single soul to Christ."

"I thought that all your boys became Christians last Sunday."

"That is true; but I had nothing to do with it, and that is what is breaking my heart."

"Do not be too sure of that," I replied; and then I used an illustration something like this: Suppose that chandelier was suspended by a chain instead of a rod. What link in the chain do you think would be the most important, the first, or the second, or the last one?"

"I do not see as there would be any difference. If you take out any of them, the whole thing would come down."

"Very true," I replied. "Now, in the long chain of events by which God brings any wandering soul back to himself, which is the most important link, the first, or the fiftieth, or the last?"

"There is no difference. If any one of the links is gone, you cannot secure the final result."

"Perhaps you did not speak the final words that led your boys to decision, but you have certainly spoken many earnest words that prepared the way for some one else to lead them to decision. Who shall say that your words were not just as important as his?"

"There is some comfort in that, I must admit."

"Certainly; that is why I said it."

"But do you not think that every Christian ought to be able to speak the last words which lead a soul to decision occasionally?"

"I do. I believe that God wishes all his children to be soul-winners, and that he has made abundant provision for that end."

"I think there is something wrong in my life," she replied.

I thought so, too, and so I waited for the Lord to show her what was needed. In a few weeks she sent word that she was now ready to devote her life to winning souls to Christ.

In this instance there was some conscious disobedience that had evidently stood in her way for years. So long as there is any such obstacle one cannot pray with confidence, or speak with power. We must be able to look God in the face and say, "Thou knowest that I love thee," and also look our neighbor in the face and say, "You know that I am anxious for your conversion."

The Hand That Leads Us.

In old days there were angels who came and took men by the hand and led them away from the city of destruction. We see no white-winged angels now. But men are led away from threatening destruction; a hand is put into theirs which leads them forth gently toward a calm and bright land, so that they look no more backward; and the hand may be a little child's.



The tenderness and flavor of Libby's Dried Beef are frequently commented upon.

Libby, McNeill & Libby
Chicago

Did He Hug Her?
"Would you embrace an opportunity?" asked the girl with the trim waist.
"Sure," said the young man with a good right arm. "Is this one?"—Louisville Courier-Journal.

Proving It.
"Pussyfooting is a calamity."
"I suppose it is something of a catastrophe."—San Francisco Chronicle.

How He Judged.
Mr. Bacon—You should never judge a man by his clothes, my dear.
Mrs. Bacon—I never do. I always judge him by his wife's clothes.—Pearson's Weekly.

Heard in an Office.
"Pshaw! How can you smoke such cigars as this one you've given me?"
"I can't. That's the one you handed me yesterday."

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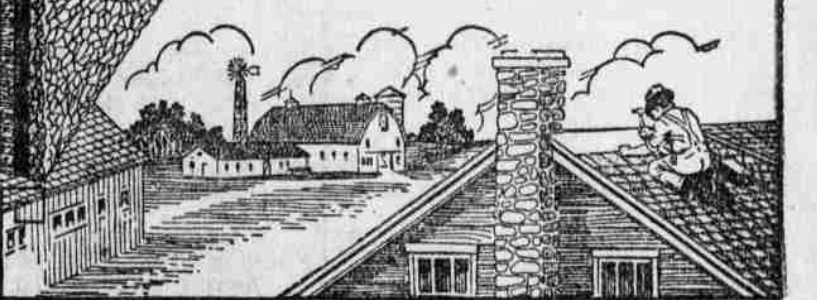
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